



Answering the following questions as honestly as possible will help you identify which parts of your daily living are most stressful. Take steps to correct these problems, and you will reduce stress in your life.

1. In deciding how to spend your time, energy, and money, you determine the direction of your life. **Are you investing them in work and hobbies that you find rewarding?** Yes ___ No ___ **If not, how might you change this?**

2. Focusing on the present means giving your attention to the task at hand without past and future fears crippling you. **Are you usually able to stay in the here and now?** Yes ___ No ___ **If not, what prevents you from focusing on the present? How can you change the situation?**

3. **Do you take time each day to do something relaxing (for example, playing with your children, taking a walk, reading a book, listening to music)?** Yes ___ No ___ **If not, what relaxing activity will you add to your day?**

4. **Are you challenging yourself to do things that increase self-confidence?** Yes ___ No ___ **If not, what changes could you make to boost your self-confidence?**

5. **Do you tackle large goals by breaking them into smaller, more manageable tasks?** Yes ___ No ___ **If not, how do you think breaking goals into smaller steps would help you manage stress?**



6. Are you careful to make your environment (home, work-place) peaceful, whenever possible? Yes ___ No ___ If not, how can you make your environment more peaceful?

7. Can you and do you say “No” when that is how you feel? Yes ___ No ___ If not, how do you think saying “No” could help you cope with stress in your life?

8. Do you know how to use self-relaxation techniques to relax your body? Yes ___ No ___ If not, what can you do to learn more about ways to relax?

9. Are you careful to avoid large swings in body energy caused by taking in excess sugar and caffeine? Yes ___ No ___ If not, what changes can you make to limit your intake of sugar and caffeine?

10. Are there specific ways you cope with anger to get it out of your system? Yes ___ No ___ If not, how would reducing anger help you manage stress?

11. What techniques can you start using that will help you get rid of anger?

